

Parents Helping Parents Recommended Reading- June 2018

Adams, Jane. *When Our Grown Kids Disappoint Us: Letting Go of Their Problems, Loving Them Anyway, and Getting on with Our Lives*. Free Press, 2003

Al-Anon Family Groups. *Paths to Recovery: Al-Anon's Steps, Traditions, and Concepts*. 1997

Alcoholics Anonymous World Services, Inc. *Alcoholics Anonymous*, 2001 (4th ed.)

Alcoholics Anonymous World Services, Inc. *Twelve Steps and Twelve Traditions*, 38th printing, 2003

Ariano-Jakes, June. *Addiction: A Mother's Story*. Jaanue Publishing, 2012

Ash, Mel. *The Zen of Recovery*. Tarcher/Putnam, 1993

Baker, John. *Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits*. Howard Books. 2007

Barnett, Robin. *Addict in the House: A No-Nonsense Family Guide Through Addiction and Recovery*. New Harbinger Publications, Inc., 2016

Beattie, Melody. *Beyond Codependency: And Getting Better All the Time*. Hazelden, 1989

Beattie, Melody. *Codependent's Guide to the Twelve Steps*. Hazelden, 1992

Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*. Hazelden, 1992 (2nd ed.)/2001 (limited ed.)

Beattie, Melody. *The Language of Letting Go: Daily Meditations on Codependency*. Hazelden, 2003

Beckman, Chris. *Clean: A New Generation in Recovery Speaks Out*. Hazelden, 2005

Bernstein, Dr. Neil I. *How to Keep Your Teenager Out of Trouble and What to Do If You Can't*. Workman Publishing, 2001

Boehnlein-Rice, Arlene. *Parent of an Adult Addict: Hope for the Broken Road*. 2014

Bottke, Allison. *Setting Boundaries with Your Adult Children: Six Steps to Hope and Healing for Struggling Parents*. Harvest House Publishing, 2008

Bowman, Dana. *Bottled: A Mom's Guide to Early Recovery*. Central Recovery Press, 2015

Boyle, Gregory. *Tattoos on the Heart: The Power of Boundless Compassion*. Free Press, 2010

Bradley, Michael J. *Yes, Your Teen is Crazy!* Harbor Press, 2003

Brown, Brené. *Daring Greatly*. Gotham Books, 2012

Brown, Brené. *I Thought It Was Just Me (But It Isn't)*. Gotham Books, 2007

Brown, Brené. *The Gifts of Imperfection*. Hazelden, 2010

Brown, James. *This River: A Memoir*. Counterpoint, 2010

Burwell, D'Anne. *Saving Jake: When Addiction Hits Home*. FocusUp Books, 2015

Bydlowska, Jowita. *Drunk Mom: A Memoir*. Penguin Books, 2013

Califano, Joseph A., Jr. *High Society: How Substance Abuse Ravages America and What to Do About It*. Public Affairs/Perseus Books Group, 2007

Califano, Joseph A., Jr. *How to Raise a Drug-Free Kid: The Straight Dope for Parents*. Touchstone, 2014

Cataldi, Libby. *Stay Close: A Mother's Story of Her Son's Addiction*. St. Martin's Press, 2009

Clapton, Eric. *Clapton: The Autobiography*. Broadway Books, 2007

Clegg, Bill. *Portrait of an Addict as a Young Man*. Little, Brown and Company, 2010

Clem, Ronald B & Carren LeAnn Clem. *Loss of Innocence: A Family's Journey with Meth*. Virgin Books, 2007

Cloud, Dr. Henry & Dr. John Townsend. *Boundaries: When to Say Yes When to Say No to Take Control of Your Life*. Zondervan, 1992

Collins, Cassandra A. *The Addicts' Mom: A Survival Guide: A Financial, Legal, and Personal Guide for Parents of Teens and Adult Children with Drug and Alcohol Issues*. Outskirts Press, 2014

Collins, Judy. *Sanity and Grace: A Journey of Suicide, Survival, and Strength*. Tarcher/Penguin, 2003

Collins, Judy. *Singing Lessons: A Memoir of Love, Loss, Hope and Healing*. Pocket Books, 1998

Conyers, Beverly. Addict in the Family: Stories of Loss, Hope, and Recovery. Hazelden, 2003

Conyers, Beverly. Everything Changes: Help for Families of Newly Recovering Addicts. Hazelden, 2009

Cook, Mary Crocker. Afraid to Let Go: For Parents of Adult Addicts and Alcoholics. Robertson Publishing, 2012

Cooke, David. Behind the Dumpster: The Story of a Son's Addiction, A Father's Love, and a Bike Ride. 2013

Crozier, Lorna & Patrick Lane (editors). Addicted: Notes from the Belly of the Beast. Greystone Books, 2006 (2nd ed.)

DeMello, Anthony. The Way to Love: The Last Meditations of Anthony DeMello. Image Books/Doubleday, 1995

Devonish, Melody. How to Stop Enabling Your Adult Children: Practical Steps to Use Boundaries and Get Your Power Back as You Stop Enabling. M Devonish, 2015

Dresner, Amy. My Fair Junkie: A Memoir of Getting Dirty and Staying Clean. Hachette, 2017

Draws, Toby Rice. Getting Them Sober: You Can Help! Recovery Communications, 1994

Dudman, Martha Tod. Augusta Gone: A True Story. Simon & Schuster, 2001

England, Dorothy Marie. Smoke & Mirrors: The Magical World of Chemical Dependency. Forward Movement, 2012 (4th ed.)

Espich, Lisa Ann. Soaring Above Co-Addiction: Helping Your Loved One Get Clean While Creating the Life of Your Dreams. Twin Feather Publishing, 2010

Finnegan, Candy. When Enough is Enough. Avery/Penguin Group, 2008

Fletcher, Anne M. Inside Rehab: The Surprising Truth About Addiction Treatment- And How to Get Help that Works. Viking, 2013

Flores, Philip J. Addiction as an Attachment Disorder. Jason Aronson, 2004

Fontaine, Claire & Mia Fontaine. Comeback: A Mother and Daughter's Journey Through Hell and Back. HarperCollins, 2006

Foote, Jeffrey, Carrie Wilkens, & Nicole Kosanke. *Beyond Addiction: How Science and Kindness Help People Change*. Scribner, 2014

Franklin, Karen & Lauren King. *Addicted Like Me: A Mother-Daughter Story of Substance Abuse and Recovery*. Seal, 2009

Frey, James. *A Million Little Pieces*. Anchor Books, 2003

Gaba, Sherry. *The Law of Sobriety*. Health Communications, Inc., 2010

Gammill, Joani. *The Interventionist*. Hazelden, 2011

Grimes, Martha & Ken Grimes. *Double Double: A Dual Memoir of Alcoholism*. Scribner, 2013

Grinspoon, Peter, MD. *Free Refills: A Doctor Confronts His Addiction*. Hachette Books, 2016

Hanks, Bill. *Serenity: It's a God Thing*. Tate Publishing & Enterprises, 2010

Hari, Johann. *Chasing the Scream: The First and Last Days of the War on Drugs*. Bloomsbury, 2015

Haskins, Diana. *Parent as Coach: Helping Your Teen Build a Life of Confidence, Courage, and Compassion*. White Oak Publishing, 2001

Hayden, Karilee & Wendi Hayden English. *Wild Child Waiting Mom: Finding Hope in the Midst of Heartache*. Tyndale House, 2006

Hayes, Trina. *Just Love Her: A Mother's Journey of Healing Through Her Daughter's Drug Addiction*. Lifeguide House, 2007

Hepola, Sarah. *Blackout: Remembering the Things I Drank to Forget*. Grand Central Publishing, 2015

Herren, Chris. *Basketball Junkie: A Memoir*. St. Martin's Press, 2011

Herzanek, Joe. *Why Don't They Just Quit? Hope for Families Struggling with Addiction*. Changing Lives Foundation, 2016 (5th ed.)

Hoffman, John & Susan Froemke, editors. *Addiction: Why Can't They Just Stop?* (based on the HBO documentary series). Rodale Inc., 2007

Itzkoff, Dave. *Cocaine's Son: A Memoir*. Villard, 2011

Jay, Debra. *It Takes a Family: A Cooperative Approach to Lasting Sobriety*. Hazelden, 2014

Jay, Debra. *No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction*, Bantam Books, 2006

Jay, Jeff. *Navigating Grace: A Solo Voyage of Survival and Redemption*. Hazelden, 2015

Jay, Jeff & Debra Jay. *Love First: A Family's Guide to Intervention* , Hazelden, 2008 (2nd ed.)

Johnson, Dirk. *Meth: The Home-Cooked Menace*. Hazelden, 2005

Johnson, Vernon E. *Intervention: A Step-by-Step Guide for Families and Friends of Chemically Dependent Persons*. Hazelden, 1986

Johnston, Kristen. *Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster*. Gallery Books, 2012

Ketcham, Katherine. *The Only Life I Could Save: A Memoir*. Sounds True, 2018

Ketcham, Katherine & Nicholas A. Pace, M.D. *Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs- How to Recognize the Problem and What to Do About It*. Ballantine Books, 2003

Ketcham, Katherine & William F. Asbury. *Beyond the Influence*. Bantam Books/Random House, 2000

King, Heather. *Parched: A Memoir*. New American Library, 2005

Knapp, Caroline. *Drinking: A Love Story*. Delta, 1996

Krochta, Denise. *Sweat: A Practical Plan for Keeping Your Heart Intact While Loving an Addict*. Dog Ear Publishing, 2010

Kurtz, Ernest & Katherine Ketcham. *The Spirituality of Imperfection: Storytelling and the Search for Meaning*. Bantam Books, 1992

Lang, Lance. *Hope is Alive: One Addict's Story of Hope*. Nxtlevel Solutions, 2013

Lang, Lance. *Finding Hope: A Field Guide for Families Affected by Addiction*. The Treehouse Group, 2015

Langton, Jerry. Iced. Crystal Meth: The Biography of North America's Deadliest New Plague. Key Porter Books, 2007

Lansky, Sam. The Gilded Razor: A Memoir. Gallery Books, 2016

Lawford, Christopher Kennedy. Moments of Clarity. William Morrow/HarperCollins, 2009

Lawford, Christopher Kennedy. Symptoms of Withdrawal. HarperCollins, 2005

Lawford, Christopher Kennedy. What Addicts Know: 10 Lessons from Recovery to Benefit Everyone. BenBella Books, 2014

Lawford, Christopher Kennedy. Recover to Live: Kick Any Habit, Manage Any Addiction. BenBella Books, 2013

Lee, Joseph, MD. Recovering My Kid: Parenting Young Adults in Treatment and Beyond. Hazelden, 2012

Lewis, Marc. Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs. PublicAffairs, 2011

Lowenthal, Rita. One Way Ticket: Our Son's Addiction to Heroin. Beaufort Books, 2007

M., Donna. Peeling the Onion. 2010

Maloney, Michael. The Road to Hell and Back. Elton-Wolf, 2002

Marnell, Cat. How to Murder Your Life: A Memoir. Simon & Schuster, 2017

Maté, Gabor, MD. In the Realm of Hungry Ghosts: Close Encounters with Addiction. North Atlantic Books, 2010 (3rd ed.)

May, Gerald G., MD. Addiction and Grace. HarperOne/HarperCollins, 1991

McGovern, George. Terry: My Daughter's Life-and-Death Struggle with Alcoholism. Plume, 1996

Meehan, Bob. Beyond the Yellow Brick Road: Our Children and Drugs. Meek Publishing Company, 2000 (revised)

Mellody, Pia. Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives. HarperOne, 2003 (2nd ed.)

Meyers, Robert J. & Brenda L. Wolfe. Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening. Hazelden, 2004

Miller, Angelyn. *The Enabler: When Helping Hurts the Ones You Love*. Wheatmark, 2008 (4th ed.)

Mitchell, Robert L. with Hannah A. Mitchell. *Raising Drug Addicts: A Father's Account, with Lessons Learned and Sections by my Daughter from the Orange County Jail*. Westbow Press, 2015

Moyers, William Cope. *Broken: My Story of Addiction and Redemption*. Penguin Books, 2006

Moyers, William Cope. *Now What? An Insider's Guide to Addiction and Recovery*. Hazelden, 2012

Nakken, Craig. *The Addictive Personality: Understanding the Addictive Process and Compulsive Behavior*. Hazelden, 1996 (2nd ed.)

Narcotics Anonymous. *It Works: How and Why*. Narcotics Anonymous World Services, Inc. 1993

(The) National Center on Addiction and Substance Abuse at Columbia University, *Women Under the Influence*. The Johns Hopkins University Press, 2006

Nichols, Pat. *Been There: Life Lessons from Parents of Addicted Children*. Compiled by the Editors of Next Chapter Press (Kindle Edition), 2016

Novak, Brandon. *Dreamseller*. Citadel Press, 2008

Parnell, David. *Facing the Dragon: How a Desperate Act Pulled One Addict Out of Methamphetamine Hell*. Health Communications, Inc. , 2010

Pinsky, Drew, Dr. & Dr. S. Mark Young. *The Mirror Effect: How Celebrity Narcissism is Seducing America*, HarperCollins, 2009

Plattor, Candace. *Loving and Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*. Candace Plattor, 2015 (2nd ed.)

Quinones, Sam. *Dreamland: The True Tale of America's Opiate Epidemic*. Bloomsbury Press, 2015

Reeves, David Allan. *Running Away from Me*. Dog Ear Publishing, 2010

Rubin, Charles. *Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children*. New Century Publishers, 2014 (3rd ed.)

Schaefer, Dick. Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs. Hazelden, 1998

Scott, Buddy. Relief for Hurting Parents: How to Fight for the Lives of Teenagers: How to Prepare Younger Children for Less Dangerous Journeys Through Teenage Years. Allon, 1997

Seppala, Marvin D., MD. Prescription Painkillers: History, Pharmacology, and Treatment. Hazelden, 2010

Sheff, David. Beautiful Boy: A Father's Journey Through His Son's Addiction. Houghton Mifflin Company, 2008

Sheff, David. Clean: Overcoming Addiction and Ending America's Greatest Tragedy. Houghton Mifflin Harcourt Publishing Company, 2013

Sheff, Nic. Tweak: Growing Up on Methamphetamines. Simon & Schuster, 2007

Sheff, Nic. We All Fall Down: Living with Addiction. Little, Brown and Company, 2011

Sherman, Pecki & Virginia Newlin. Broken Heart Whole Heart: A Family and Addiction. Hampshire Books, 1989

Silveira, Valerie. Standing Still: 90 Days of Wisdom for Moms of Addicts. The Standing Still Group, 2015

Sipp, Carey. The TurnAround Mom: How an Abuse and Addiction Survivor Stopped the Toxic Cycle for Her Family and How You Can, Too. Health Communications, Inc., 2007

Smith, Lisa F. Girl Walks Out of a Bar: A Memoir. SelectBooks, Inc., 2016

Speakman, Michael. The Four Seasons of Recovery for Parents of Alcoholics and Addicts. Rite of Passage Press, 2014

Stein, Michael. The Addict. William Morrow, 2009

Stoefen, Barbara Cofer. A Very Fine House: A Mother's Story of Love, Faith, and Crystal Meth. Zondervan, 2014

Stoop, David Ph.D. & Stephen Arterburn, M.Ed. Life Recovery Devotional: Thirty Meditations from Scripture for Each Step in Recovery. Tyndale House Publishers, Inc. 1991

Storm, Jennifer. Blackout Girl: Growing Up and Drying Out in America. Hazelden, 2008

Swenson, Sandra. Tending Dandelions: Honest Meditations for Mothers with Addicted Children. Hazelden, 2017

Swenson, Sandra. The Joey Song: A Mother's Story of Her Son's Addiction. Central Recovery Press, 2014.

Tolle, Eckhart. A New Earth: Awakening to Your Life's Purpose. Plume/Penguin Group, 2005

Townsend, John. Beyond Boundaries: Learning to Trust Again in Relationships. Zondervan, 2011

Townsend, John. Boundaries with Teens: When to Say Yes, How to Say No. Zondervan, 2006

Twerski, Abraham, M.D. Addictive Thinking: Understanding Self-Deception. Hazelden, 1997 (2nd ed.)

Urschel, Harold C., III. Healing the Addicted Brain: The Revolutionary Science-Based Alcoholism and Addiction Recovery Program. Sourcebooks, Inc., 2009

Velez-Mitchell, Jane. iWant: My Journey for Addiction and Overconsumption to a Simpler, Honest Life. Health Communications, Inc., 2009

Victoria, Barbara. It's Not About You, Except When It Is: A Field Manual for Parents of Addicted Children. Central Recovery Press, 2012

Volkman, Chris & Toren Volkman. From Binge to Blackout: A Mother and Son Struggle with Teen Drinking. New American Library/Penguin Books, 2006

Wainwright, Andrew T & Robert Poznanovich. It's not Okay to be a Cannibal: How to Keep Addiction from Eating Your Family Alive. Hazelden, 2007

Walsh, David, Ph.D. No: Why Kids- of All Ages- Need to Hear It and Ways Parents Can Say It. Free Press, 2007

Wandzilak, Kristina & Constance Curry. The Lost Years: Surviving a Mother and Daughter's Worst Nightmare. Jeffers Press, 2006

Waterston, Ellen. Then There Was No Mountain: The Parallel Odyssey of a Mother and Daughter through Addiction. Taylor Trade, 2003

Weiksner, Melissa M. Heroin's Puppet- Amy (and Her Disease). Amelibro Press, 2012

Weinhold, Barry K., & Janae B. Weinhold. Breaking Free of the Co-Dependency Trap., New Word Library, 2008 (2nd ed.)

Winder, Michael. An Officer and a Junkie: From West Point to the Point of No Return. Health Communications, Inc. 2008

Wisenbaker, Scott. How to Get Your Kid Off Drugs. Wisenbaker Media, 2017

Wurtzel, Elizabeth. More, Now, Again: A Memoir of Addiction. Simon & Schuster, 2002

Young, Joel L. When Your Adult Child Breaks Your Heart: Coping with Mental Illness, Substance Abuse, and the Problems that Tear Families Apart. Lyons Press, 2013

Zailckas, Koren. Smashed: Story of a Drunken Girlhood. Penguin Books, 2005